



# Volunteers of America

Minnesota

## SENIOR NUTRITION SERVICES

**DINING LOCATION\_7151 YORK AVE – EDINA**  
**PHONE\_952.893.1448**

### MARCH 2014 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY DINNER
3	4	5 – ASH WED	6	7
Chicken Primavera over Fettuccine Italian Green Beans Tropical Fruit Breadstick w/marg. Oatmeal Raisin Cookie	Ham Steak w/ Honey Mustard Glaze Baby Red Potatoes Mixed Vegetables Pumpnickel Bread Blonde Brownie SR – Grilled Chicken with Honey Mustard Glaze	Chicken Pasta Salad Three Bean Salad Fruit Cup French Bread w/marg. Frosted Confetti Cake RCD-Unfrosted ALT- TUNA PASTA SALAD	Roast Sliced Pork w/Apple Rhubarb Glaze Mashed Potatoes/Gravy Squash Dinner Roll w/marg. Apple Slices SR - Sliced Turkey	Healthy Baked Fish w/Tartar Sauce Rice Pilaf Broccoli Fresh Melon Cup Cherry Gelatin ALT- Herbed Chicken Breast
10	11	12	13	14
BBQ Beef Riblet Tator Tots Green Peas Corn Bread w/marg. Fresh Fruit SR: Plain Pork Riblet	Herb Roasted Quartered Chicken Buttered Corn Herb Roasted Potatoes Potato Dinner Roll w/marg. Apple Pie RCD- Strawberries	All Beef Hot Dog on Bun Ketchup Packet Potato Salad Vegetarian Baked Beans Fresh Melon	Cordon Bleu Chix Breast Wild Rice Blend Dinner Salad w/ French Dressing Green Beans Applesauce Bar ALT- Mornay Chix Breast	Cheese Breakfast Scramble (Peppers, Onions, Potatoes) Pineapple Chunks Blueberry Muffin w/marg. Fruit Juice
17-ST.PAT'S MEAL	18	19	20	21
Corned Beef Red Potatoes Brussel Sprouts Sour Dough Bread w/marg. Chocolate Cake w/ White Frosting and Shamrock Sprinkles	Juicy Hamburger on Whole Wheat Bun Oven Fries Ketchup Packet Marinated Veggies Pound Cake w/ Strawberries RCD-Pound Cake no Topping	Chicken Stir-fry Oriental Vegetables Jeweled Brown Rice Peach Slices Sugar Cookie	Swiss Steak w/Tomato Gravy Baked Potato/sour cream Diced Pears Pumpnickel Bread w/marg. Peach Shortcake	Vegetable Cheese Lasagna Green Salad/Dressing Fruit Cocktail Breadstick w/marg. Chocolate Pudding
24	25	26-BDAY MEAL	27	28
Turkey Meatloaf w/ Cranberry Glaze Mashed Sweet Potatoes Mixed Vegetables White Bread w/marg. Cheesecake Bar RCD- Cheesecake Bar	Chicken Fried Steak Country Gravy Mashed Potatoes Normandy Blend Veggies Light Rye Bread w/marg. Toffee Bar	Savory Beef Pot Roast Mashed Potatoes/Gravy Green Peas Potato Roll w/marg. Yellow Cake with Chocolate Frosting RCD- Unfrosted Cake	White Chicken Chili Corn Bread Muffin w/marg. Carrot Coins Fresh Fruit Lime Gelatin	Lemon Pepper Tilapia Herb Roasted Potatoes Normandy Blend Veggies Banana Bar Dinner Roll w/marg. ALT- Grilled Chicken Breast
31 <sup>st</sup>				
BBQ Turkey on Bun Potato Salad Beets Fresh Grapes Cookie				

1% milk and margarine are served with each meal. SR=salt restricted, RC=restricted calorie dessert. Your comments are welcome: call 952-945-4156. Volunteers of America Senior Nutrition Program serves all seniors regardless of race, color, sex, disability, national origin, or religion. The service is funded through a contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program and participant contributions. Upon request, this information will be made available in an alternative format: Braille, large print or audiotape. For TDD, contact Minnesota Relay Service at 1-800-627-3529. For more information about the services provided by Volunteers of America of MN go to [www.voamn.org](http://www.voamn.org)